

**Listing of the Claims:**

The following is a complete listing of all the claims in the application, with an indication of the status of each:

1. (Currently amended) A handle assembly for use with a weight stack or resistance machine or device, comprising:
  - a handle;
  - a pulley connectable to a weight stack or resistance machine or device, said pulley being movable relative to said weight stack or resistance machine or device after connection to said weight stack or resistance machine or device; and
    - a cord which passes through said pulley and is connected to said handle at two points separated along a length of said handle, said pulley being moveable along said cord to locations which are closer to or further from either of said two points, said handle being freely rotatable about a longitudinal axis passing through the handle and being freely shiftable, movable or turnable with said cord passing through said pulley during shifting, moving or turning, and said handle being able to be used to move said pulley relative to said weight stack or resistance machine or device subject to resistance from said weight stack or resistance machine or device.
2. (Original) The handle assembly as recited in claim 1 wherein said cord is made of rope.
3. (Original) The handle assembly as recited in claim 1 wherein said cord is made of rubber material.
4. (Original) The handle assembly as recited in claim 1 wherein said cord is or includes a metal cable.
5. (Original) The handle assembly as recited in claim 1 further comprising a protective sheath positioned over said cord at one or more locations.
6. (Original) The handle assembly as recited in claim 1 further comprising a

swivel connector associated with said pulley.

7. (Original) The handle assembly as recited in claim 1 wherein said handle includes a golf club grip.

8. (Original) The handle assembly as recited in claim 1 wherein said handle includes at least a portion of a softball or baseball bat.

9. (Original) The handle assembly as recited in claim 1 wherein said handle includes at least a portion of a hockey stick.

10. (Original) The handle assembly as recited in claim 1 wherein said handle includes at least a portion of a tennis racket.

11. (Original) The handle assembly as recited in claim 1 wherein at least one of said two points where said cord and said handle are connected includes a member which encircles said handle and permits rotation of said handle within said member.

12. (Previously presented) The handle assembly as recited in claim 1 wherein said at least one of said two points where said cord and said handle are connected includes a washer assembly which fits within said handle and permits rotation of said handle relative to said washer assembly.

13. (Original) The handle assembly as recited in claim 1 wherein the handle is in the form of a ball.

14. (Original) The handle assembly as recited in claim 13 wherein said ball is a football.

15. (Original) The handle assembly as recited in claim 13 wherein said ball is a bowling ball.

16. (Currently amended) A ball device for use with a weight stack or resistance machine or device, comprising:

a ball member; and

a connector connected to and spaced away from the ball member for connecting the ball member to a weight stack or resistance machine, said connector permitting rotation of said ball member about an axis through said ball member which extends to said connector, and said ball member being freely shiftable, movable, or turnable with respect to said connector during shifting, moving or turning,

said connector including a cord connected to one point on said connector and to another point spaced away from said one point either along the length of said connector or on said ball device, and a pulley which is moveable along said cord to locations which are closer to or further from either of said one point or said another point, said pulley being connectable to a weight stack or resistance machine or device, said pulley being movable relative to said weight stack or resistance machine or device after connection to said weight stack or resistance machine or device, and said ball member being able to be used to move said pulley relative to said weight stack or resistance machine or device subject to resistance from said weight stack or resistance machine or device.

17. (Original) The ball device of claim 16 wherein said ball member is a football.

18. (Original) The ball device of claim 16 wherein said ball member is a bowling ball.